





Noah's Inclusion Services

Dr Dan Siegel; NAME It to TAME It!

According to Dr Dan Siegel, a professor of psychiatry, the concept of “name it to tame it” can be one of the most effective strategies to use when faced with an upset child.

What?	How?	
Name it to tame it	<ul style="list-style-type: none"> • “Name it to tame it” is based on research that shows when a child is responding emotionally, only the ‘downstairs’ or ‘reactive’ part of the brain is activated. • This means that they will be highly reactive, unable to respond logically, cannot access their ‘thinking’ brain and will become anxious, angry or overwhelmed very quickly. • In comparison, if the child is using their ‘upstairs brain’ they will be able to make logical choices, respond to reason, use their words and keep emotionally regulated. 	
What?	How?	
Flipped lid	<ul style="list-style-type: none"> • When these two parts of the brain aren't working together, this is called a “flipped lid”. • The goal of using the “name it to tame it” strategy is to close the child's flipped lid and get the upstairs and downstairs brain working together to allow the child to become calm and regulated. 	
What?	How?	
Connect with your child	<ul style="list-style-type: none"> • Start by getting on the child's level and connect physically by holding their hand, rubbing their shoulder, giving them a hug. Or, if this is not an appropriate time for physical contact, stand or sit with them patiently and calmly. This activates the right side of the brain and helps soothe the child by letting them know you are there for them. 	
What?	How?	
Name the emotion (as best you can).	<ul style="list-style-type: none"> • Next you need to take the opportunity to activate the child's left side of the brain by naming the emotion they are showing by saying things like, “I can see you're really angry right now” (or disappointed, frustrated, sad, upset, scared, worried). • This lets your child know you understand how they are feeling and can also help them to understand and give words to their own emotions. Often children don't know what these feelings mean; nor can they put them into words. • If for some reason you label the wrong emotion it's ok, because your child will usually let you know how they are actually feeling (“no I'm not...I'm ...”). If this occurs simply repeat what they say (“Oh, you are...”) so that they know you are listening to them and that you understand. 	

After the ‘flipped lid’ is closed again, both parts of the brain will be working in unison, which will help the child to become calm and regulated again.